

Community Programs

DESERT FOOTHILLS LIBRARY

FEBRUARY 2020

**Join the 11th Annual
Fundraising Gala - Imagine**

**Support your local library
Saturday, February 8th!**

Check out all the amazing things happening at DFL!

INFORMATION

Desert Foothills

LIBRARY Est. 1954

enriching your community

February 14th is our 66th anniversary! We want to hear from you about your Library. Post on social media with #DFLA66 or come in to fill out a testimonial. Why do you choose Desert Foothills Library?

LIBRARY/BOOKSTORE HOURS

Monday — Friday, 9 am—7 pm
 Saturday, 10 am—4 pm
 Sunday, 11 am—3 pm

Front Desk: 480.488.2286
 Bookstore: 480.488.2777

www.dfla.org
 38443 N Schoolhouse Rd.
 Cave Creek, AZ 85331

LIBRARY CLOSURES

Saturday, February 8
 Monday, February 17

Find DFL on Social Media



Largest Used Bookstore in the North Valley!

More than 15,000 items

Chapter2Books
 Great Books. Great Prices.

Books | DVDs | CDs | Audiobooks

Starting as low as 50¢ Check us out on **amazon**

SPECIAL SALE DATES: February 14, 15, & 16

Donations are always welcome and help support the Library!

Find out more at DFLA.ORG/Chapter-2-Books

Staff Showcase

Ashley Ware

Briefly describe your role at DFL: I am the Programming Librarian. I plan, schedule, and implement adult programs and events. I, also, get to help any patron coming to our Library with reference questions and finding materials.

Where is your hometown?: I grew up in a very small town of 2,000 people; Pecatonica, Illinois.

Where did you go to school?: I went to Illinois State University and received my English Studies Bachelor's of Arts and then the University of South Carolina for my Master's in Library and Information Science.

If you have to sing karaoke, what song would you pick?: I cannot sing, but I could pretend to sing *Black Water* by The Doobie Brothers!

What sport would you compete in if you were in the Olympics?: I grew up playing soccer and would have loved to be on the USWNT!

Do you have any siblings?: I have five sisters; Amanda, Alix, Megan, Mariah, and Austin.

What is the most memorable vacation you have ever taken?: My sister Alix and I scored two tickets to the first game of the Cubs World Series run in 2016. We lived in Pittsburgh at the time and drove to Cleveland for one of the best times of my life!



Volunteer Spotlight

Sandy D.

How long have you been at DFL?: About 3 years.

What is your favorite part of volunteering at DFL?: I work in the bookstore. I get to help process donations and see many interesting items before they are shelved. I tell people I can barely afford to volunteer because of the large volume of purchases I make!



Where did you grow up?: Louisville, Kentucky, in the blue grass state.

What did you do in your career?: Taught typing and shorthand (mostly obsolete now) in high school and business college.

Most memorable place you have visited?: I have been privileged to visit many memorable places. Out west of course, the Grand Canyon and Monument Valley. In Europe, Stonehenge, Germany's castles, and the Normandy beaches.

If you could have a super power, what would it be?: To eliminate hunger.

What is your hidden talent?: Keeping in touch with and communicating with people, mainly in writing.

Sandy also creates our beautiful bulletin boards each month in the Early Literacy Area

Thank you to all of our volunteers for the work they do to support our Library!

YOUTH & FAMILY PROGRAMS



Introducing CloudLibrary! A new digital e-book and e-audiobook platform. Download children's books for free!

Discovery Playdate

Monday, February 3, 11:00 AM—11:30 AM

Discovery playdate is unstructured playtime for children up to age 6. This constructive free play is a great time to socialize with other children. Activities will rotate and include sensory bins, water table, building toys and manipulatives, STEAM and technology toys, board books, art activities, and games.

Afterschool Fun: Puzzle Hearts

Friday, February 7, 4:00 PM—5:00 PM

This afterschool craft will melt your heart—we're making one-of-a-kind valentine hearts out of puzzle pieces. Show someone you love them this Valentine's Day with a one-of-a-kind wall hanging.

Drop-in Program: Rubber Stamp Valentines

Monday, February 10, Any time



We're bringing out the doilies, glue sticks and rubber stamps for this

special valentine making station. Drop in at any time on Monday to make your own valentines.

LEGO Builders

Wednesday, February 12, 4:00 PM—5:00 PM

Build from your imagination! This program for school age children and their siblings is an hour of LEGO building and free play. Kids of all ages are welcome.



Musical Storytime

Monday, February 24, 10:00 AM—11:30 AM

Music is all around us every day if we open our ears to it. Join us for

this special storytime where we will explore rhythm and soundscapes through music and movement. Musical enrichment will bring new life to the stories we read.

Storytimes @ Desert Foothills Library

Family Storytime

Tuesdays, February 4, 11, 18, 25 • 10:00-10:30 AM
Children 2-6 and families are encouraged to join us for a 30 minute storytime featuring music, movement, crafts, & stories. No registration required.

Baby and Toddler Storytime

Thursdays, February 6, 13*, 20, 27 • 10:00-10:30 AM
Geared for children 10 months to 3 years, join us for a fun 30 minute romp with music, books, rhymes, and bubbles! No registration required.

*February 13 is a featured storytime which will be from 10:00 AM—11:30 AM.

Kid Chefs: Play with your Food

Monday, February 24, 4:00 PM—5:00 PM

We're breaking all the rules in this fun food adventure! Apples and grapes become racecars, watermelon and blueberries transform into a magic wands, and clementines turn into friendly snails. Recommended ages 4 and up.

Let's Make it: Upcycling for Kids

Thursday, February 27, 4:00 PM—5:00 PM

Making things from everyday objects is a great way for kids to learn about the design process. Thinking out of the box is a hallmark of the "maker mindset." We will be turning recycled everyday objects into something new and useful. This month we'll be making musical instruments.



Toddlers & Technology

Friday, February 28, 11:00 AM—12:00 PM



This information session will focus on the technology Desert Foothills Library has to offer: Playaways, Playaway Launchpads, AWE computers, iPads and more. The

session will be facilitated by Librarian, Caitlin, and will include tips for making technology time a rich and meaningful experience.

Please visit www.dfla.org/events to register for all youth library programs, unless otherwise noted. This ensures that space and materials are available.

FEATURED EVENTS

Beginner Spanish for Kids

*Tuesdays, February 3—March 5,
5:00 PM—5:45 PM*

Learning Spanish has never been so fun! Children 5 & up are invited to this 5-week series that will feature speaking, reading, writing, and singing in Spanish. This program is free but registration is essential.

Be Mine Valentine Storytime

*Thursday, February 13,
10:00 AM—11:30 AM*

Love is in the air! This storytime will be extra special because our guest, The Valentine Queen will be telling stories and face painting. Don't miss this special event.

Frozen Family Fun

*Wednesday, February 19,
4:00 PM—5:00 PM*

Is there a little one in your household who can't get enough of Anna, Elsa, Olaf and the gang? This event will feature a story and Frozen themed food, games, and crafts. Costumes are welcomed

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	FEBRUARY	EVENTS				
						1
2	3 Discovery Playdate 11:00 AM	4 Family Storytime 10:00 AM Beginner Spanish 5:00 PM	5	6 Baby & Toddler Storytime 10:00 AM	7 Puzzle Hearts 4:00 PM	8
9	10 Rubber Stamp Valentines Any time	11 Family Storytime 10:00 AM Beginner Spanish 5:00 PM	12 Lego Builders 4:00 PM	13 Be Mine Valentine Storytime 10:00 AM	14	15
16	17	18 Family Storytime 10:00 AM Beginner Spanish 5:00 PM	19 Frozen Family Fun 4:00 PM	20 Baby & Toddler Storytime 10:00 AM	21	22
23	24 Musical Storytime 10:00 AM Kid Chefs 4:00 PM	25 Family Storytime 10:00 AM Beginner Spanish 5:00 PM	26	27 Baby & Toddler Storytime 10:00 AM Let's Make It! 4:00 PM	28 Toddlers & Technology 11:00 AM	29

TEEN PROGRAMS

Lonely Hearts Club Open Mic Night

Friday, February 7, 4:30 PM – 6:00 PM

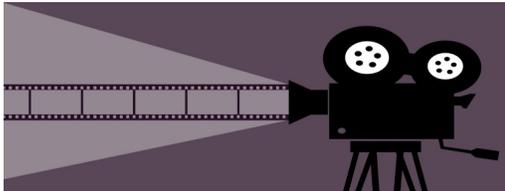
Meet some new friends at this exclusive teen event in Club 1117. Bring a poem, a song or a story to share, or come just to hang out.



Teen Movie Night: Five Feet Apart

Friday, February 14, 4:30 pm - 6:00 PM

Seventeen-year-old Stella spends most of her time in the hospital as a cystic fibrosis patient. Her life is full of routines, boundaries and self-control -- all of which get put to the test when she meets Will, an impossibly charming teen who has the same illness. There's an instant flirtation, though restrictions dictate that they must maintain a safe distance between them. As their connection intensifies, so does the temptation to throw the rules out the window and embrace that attraction. Rated PG-13.



Visit <https://www.yourcloudlibrary.com/> to get started!



Teens Make: Candles

Saturday, February 22, 11:00 AM – 12:00 PM

We're getting into the kitchen and cooking up...candles! All materials are provided and each participant will bring home their own soy jar candle.



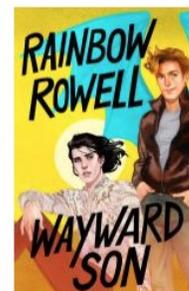
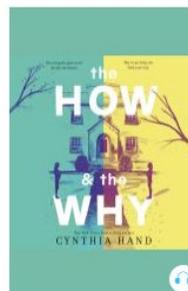
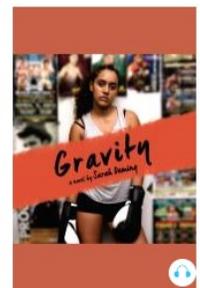
Teen Book Club

Wednesday, February 26, 4:30 PM – 6:00 PM

Whether you love adventure, romance, memoirs, or science fiction, this book club is the book for you. This month we're turning book club on its head. Bring a book you love, and tell us why it is so special to you. Before the meeting ends, we will also pick out books/discussion topics for the next month. If you've never come to book club before, this is the perfect month to start!



All you need is your library card to access THOUSANDS of teen titles today!



ONLINE DATABASES

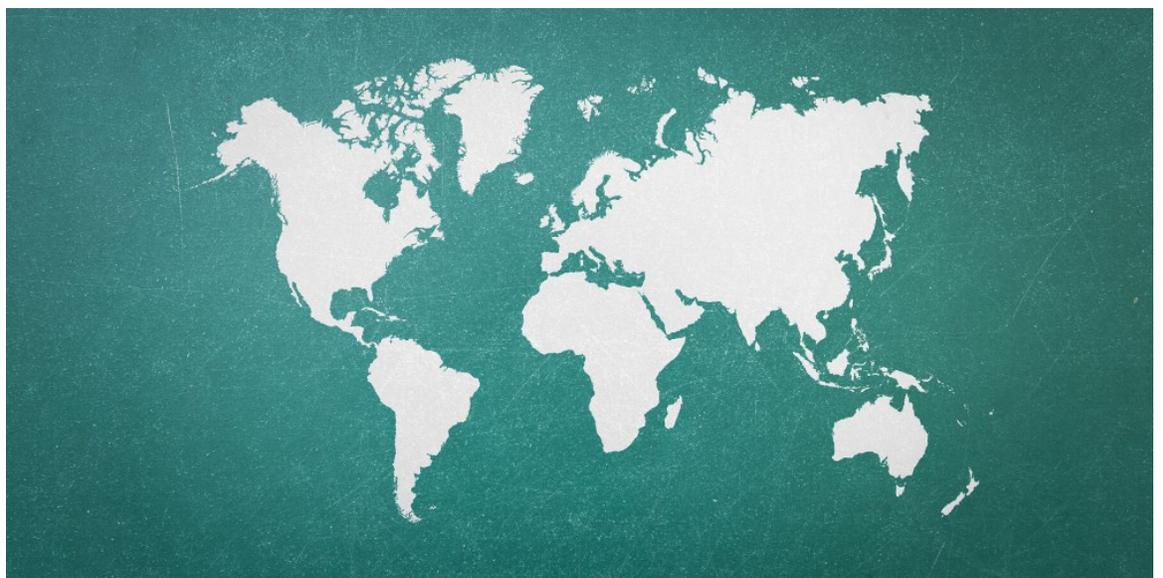


DO YOU LOVE FOOD AS MUCH AS WE DO?

At dfla.org you can find our Digital Library! We offer free databases for all of our patrons, most of these databases can be accessed anywhere in the world. *A to Z Food America* and *A to Z World Food* are great for foodies, travelers, chefs, and anyone who enjoys food!

A to Z Food America contains recipes in all course categories (appetizers, soups, salads, breads, main courses, side dishes, desserts, snacks, and beverages) for six US regions, all 50 states, and 33 ethnic cuisines.

A to Z World Food is the only food database that contains traditional recipes for 174 countries of the world in all course categories: appetizers, soups, salads, breads, main courses, side dishes, desserts, and beverages.



ADULT PROGRAMS

SAVE THE DATE-SEE YOU THERE!

Desert Foothills Library 11th Annual Gala—Imagine

Saturday, February 8, 2020 • 6:00 pm

Celebrating 66 years as a 501(c)3 non-profit, built on the foundation of member support through donations, memberships and volunteerism. Join us at 6:00 pm for a silent auction, wine pull and hosted cocktails. Gourmet Dinner at 7:00 pm with live entertainment, featuring renowned trio We3.

Tickets: \$200. All proceeds benefit the Library. Please RSVP by February 3 at 480-488-2286.



ART EXHIBITS & EVENTS

Contemporary Watercolor Association presented by Desert Foothills Gallery

January 24 – March 19 **Exhibit**

February 22, 4:00-5:30 pm **Reception**

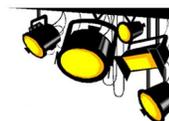
February 27, 4:00-5:30 pm **Art Lecture**



Oddities Found in Books Exhibit

Presented by Nicolette Bonnstetter, February 10 - 28.

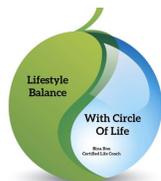
LIBRARY FEATURE EVENTS



New Year Intention – No Tension

Saturday, February 1, 8:30 am-1:00 pm

Would you like to learn how to slow down and align with your true self? Is there something holding you back? What is your intention? What do you need to make it happen? This workshop will provide some tools to help re-align your inner compass. RENEW – REFRESH -RECHARGE YOUR INTENTION. **Tickets** available at dfila.org. Questions please call 480-488-2286. **Cost:** \$55 – with light refreshments.



Balancing the Mind through Conscious Breath Work and Vibrational Sound

Tuesday, February 3, 9:30-10:30 am

We will be doing breathing techniques with some light movement then we will relax and restore the body through Vibrational Sound with Alchemy Crystal bowls and other sound tools. Come and experience this interactive class! Kim is a Holistic Practitioner certified in many different modalities, with the most passion going into Vibrational Sound, working with her Alchemy Crystal Bowls and gongs. She is certified Advanced Amrit Method Yoga Nidra Facilitator, Reiki Master Teacher, 200-hour ERYT, Holistic chef and Kundalini Yoga Teacher, currently working on Level 2. No registration. Questions: Contact instructor Kim Balzan: 602-577-9408 or kim@yourweigh2wellness.com. **Cost:** FREE – weekly classes start Monday, February 24 for \$9 per person.



The Dangers of Trying to Control Someone's Drinking

Wednesday, February 12, 1:00-2:30 pm



This presentation will cover the dangers of trying to control another person's alcohol consumption; to help those who feel they cannot stop controlling the alcoholic or those who know of someone suffering. Jesty has found a solution that works effectively with long-lasting results. Joy Jesty suffered from chronic al-anonism for nearly two decades and found herself using dangerous methods to control her loved one's drinking. With the assistance of a program of action she has been restored to continuous sanity around her alcoholic loved ones. She has abstained from her controlling behaviors since 2017.

RSVP online at dfila.org. Questions please call 480-488-2286.

Dubai World Expo

Wednesday, February 12, 6:00-7:00 pm

Come learn about the World Expo in Dubai in October 2020 through April 2021! James Szymanski has been in the travel industry for over 40 years but made the leap to Arizona last year. No registration.



Knife Skills With the Doctor

Thursday, February 13, 1:30 am-3:30 pm

Nervous around knives? Don't be! Learn essential skills and fundamental cuts that will boost your kitchen competence and confidence. Great cooking is about more than a recipe; it's about technique. In our class we will work together in a fun, hands on environment led by the Integrative Nutrition experts from the Center for Integrative Healing and Wellness – Dr. Fabio Almeida MD & Cindy Almeida CNC. We'll work on practical skills of various cuts of fruits and vegetables, herbs, garlic, and onions. Purchasing and care of knives will also be discussed. Class includes light meal vegetable stir fry. **Tickets** available at dfla.org. Questions call 480-488-2286. **Limited space**, register now! **Cost:** \$50 – Includes cooking demonstration, tasting experience, recipe packet, and education by medical nutrition experts.



Gliders—A World Wide New Weapon

Thursday, February 13, 2:00-4:00 pm

As a follow-up to his latest book “Colors of War – not Black and White but Nuances of Gray”, Francois is in the process of completing his new book on the use of gliders in combat titled – “Gliders, A World Wide New Weapon”. Military gliders (a variation of the common glider) have been used by the military of various countries for carrying troops and heavy equipment into a war zone. They were used mainly during the WW II. These aircraft – with no engines – were towed into the air and most of the way to their target by military transport planes. Francois will cover American, British and German gliders and help us understand how effective this new weapon was in the world military strategy. His new book will be available sometime in 2020. **RSVP** online at dfla.org. Questions please call 480-488-2286.

Culinary and Wellness Series—a 3 Series Course

Saturdays, February 15 to March 7, 10:00 am-Noon

Session 1 - Interactive Healthy Cooking Class

Eating healthier is all about the choices you make that work for you, your tastes, your weight, & health goals. It means something different to everyone. In her newly released “*Make it Healthy*” cookbook, author Wendy Farrell helps you determine your own healthy eating style, and then provides a variety of recipe options that will work for YOU. This fun, interactive cooking class offers attendees the chance to participate, learn about nutrition, cooking skills and terms as Wendy cooks some of the healthy recipes from her cookbook in the Library's beautiful new demo kitchen. There will be food for all to enjoy. Join us to see how tasty eating healthy can be.

Session 2 - Stress and Emotion Management, Decompression and Relaxation Strategies

Life is filled with triggers, stress, challenges and urgencies. It is important, for everyone of all ages, to know how to manage their emotions and reactions. In this workshop, Wendy Farrell, health and wellness specialist, will offer information and strategies to help you handle your triggers, stressors and emotions effectively and in healthy, productive ways.

Session 3 - Easy Fitness Strategies and Injury Prevention

Keeping your body healthy and injury free involves many components. Becoming mindful of how you move can help prevent injuries, large and small. Wendy Farrell will discuss a variety of options to keep fit, the concepts of ergonomics and the art of applying mindfulness to your actions and movements. **Tickets** available at dfla.org. Questions please call 480-488-2286.

Cost: \$20 per session or \$50 for all 3 sessions.



AARP Drivers Safety Program

Saturday, February 15, 10:00-2:00 pm

A refresher course in driver safety and driving skills. Learn new driving techniques, rules of the road, defensive driving and how to minimize distractions. Materials are included. Completion of course may entitle you to an auto insurance discount (check with your insurer). Bring a sack lunch. As a former adjunct professor (University of Southern California), Scott Rexinger has taught the AARP Driver Safety Course for over 5 years to one thousand students in Arizona. With 25 years in business presentations and management, he now is an AARP Driver Safety District Coordinator, leading seven other instructors teaching over 45 classes/year at twelve locations in the Northeast Valley. Class limit to 30. For questions call instructor Scott Rexinger at 480-575-3152. **RSVP** at dfla.org. Questions please call: 480-488-2286.

Pay instructor at class: \$25; or \$20 with AARP member card (checks only). Plus \$5 cash or check to Desert Foothills Library.

Phoenix Art Museum - AmAZing AriZona - See the Sounds and Celebrate Arizona's Spirit

Tuesday, February 18, 1:00-2:30 pm

Join Docent Janet Vickers for an adventure through music and artworks inspired by our state's natural wonders, and celebrate the 100th Anniversary of Grand Canyon National Park. Artworks from Phoenix Art Museum's own collection and the iconic sounds of Ferde Grofe's Grand Canyon Suite inspire us to see the sounds and celebrate Arizona treasures. Savor a few moments of wonder and connection.



Come and enjoy conversations about sunrises and sunsets, the Painted Desert, cloudbursts . . . and memorable art! **RSVP** online at dfla.org. Questions call 480-488-2286.

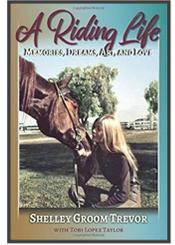


ADULT PROGRAMS

A Riding Life with Author Shelley Groom Trevor

Wednesday, February 19, 2:00-3:30 pm

A Riding Life is about famous horses, a ranch, & a life spent riding, showing and taking care of horses. From her early years to these later ones – through magical times & trying ones – horses have led Shelley Groom Trevor to an understanding about herself, them and of life. Shelley spent 17 years traversing the West showing Arabian horses professionally for her grandfather's Brusally Ranch. Pursuant her passion for horses, she has written many magazine articles on horsemanship & paints horses on canvas. Her paintings are currently at Wilde Meyer Galleries in Scottsdale & Tucson. **RSVP** at dfla.org or call 480-488-2286. Books will be available for purchase.



Easy Homemade Pasta with Chef Bob Tirman

Wednesday, February 19, 3:00-6:00 pm

Tired of dried pasta out of the box? Come and see how easy, fun, and delicious making your own fresh ravioli and fettuccine can be! Chef Bob Tirman will take you through all the steps to making the dough, shaping & cutting the pasta, and then cooking and serving with a simple pesto or tomato sauce. Chef Bob went to culinary school in Houston and has worked as Executive Chef for a wedding and events venue and had his own catering business working with wine shops in Asheville, NC. Most recently, Bob was a Chef/Instructor teaching cooking classes at Sur La Table at Kierland Commons. **Tickets** available at dfla.org. Questions please call 480-488-2286. **Cost:** \$30.00.



Essential Oils in the Kitchen

Thursday, February 20, 10:30-11:30 am

Meet Author Dianna Konkle. Her new cookbook, *Baking with Einkorn – Modern Recipes for an Ancient Grain*, is based on Diana's journey to better health. It includes family-favorite recipes recreated with einkorn flour for delicious bakery and snacks. Einkorn is packed with more nutrients than modern wheat and has a simple structure, making it easier to digest than hybridized flour. **Tickets** available at dfla.org. Questions please call 480-488-2286. **Cost:** \$10.



Nicolepavlik
LAW FIRM

Wills & Trusts 101 presented by Pavlik Law Firm, PLC

Saturday, February 22, 10:30-11:30 am

Nicole Pavlik of Nicole Pavlik Law Firm, PLC will host a FREE Estate Planning Workshop, providing a small group setting for women and men to learn the essentials of Wills, Trusts, and Probate. Attendees will learn: Last Will and Testament – what they do and don't do; Probate – what it is and how to avoid it; Trusts – what they are and how they are different from a Last Will and Testament; Executor/Successor Trustee – who can be one and how to pick the "right" one; and Beneficiary designations – why these need to be updated. Attendees will actively learn, plan and ask questions in a supportive & engaging environment. **RSVP** at dfla.org or call 480-488-2286.

Practical Breakthrough Steps to Raising More Money

Wednesday, February 26, 8:30 am-Noon

Non-profit organizations need a practical road map to raising more money. This workshop will provide specific milestones, starting with the critical structure that needs to be in place for sustainable fundraising & ending with specific strategies to reach the organization's goals. Diana Hoyt has 35 years of non-profit fundraising experience with five non-profits & has owned a fundraising software company. Currently Associate Director of Business Development for Arreva, Diana authored *Formula for Fundraising: Embrace Your Donors for Greater Success*. **RSVP** at dfla.org or 480-488-2286. **Cost:** \$35. Second person from the same organization \$30. – includes copy of Dana's book.



The Creation of My Fair Lady

Wednesday, February 26, 2:00-3:30 pm

Celebrate this universally beloved show, often called the greatest musical of all time. Follow its long journey from its beginnings as Shaw's 1912 play *Pygmalion*, and then to a popular 1938 film. Then we'll learn how Lerner & Loewe managed to fashion the material into a musical theatre triumph. Charles Troy's multimedia presentations tell the stories behind the greatest Broadway musicals of the 20th century in seamless visual programs with his own original graphics, and a scripted narrative that weaves the events into cohesive, dramatic tales. **RSVP** online at dfla.org or call 480-488-2286.

The Beatles: The Making of Revolver

Saturday, February 29, 10:30 am-12:30 pm

Follow The Beatles as they redefine contemporary music, break boundaries by expanding the scope of pop & rock sounds, and create their timeless masterpiece – "Revolver". We will discuss how the songs were conceived & written, their musical influences, recording & experimental studio techniques and the creation of their artwork cover sleeve. Rolling Stones ranks "Revolver" as the #3 album of all time! Retired from LaGuardia Community College, Vinnie Bruno holds an MPA from Baruch College. For the past 20 years, he has lectured extensively on The Beatles & The Sixties at universities, colleges, libraries, and community centers. He currently resides in New Jersey and Arizona. **RSVP** at dfla.org or 480-488-2286. **Cost:** \$5.



MONTHLY PROGRAMS

CONVERSATIONS

Death Café

Wednesday, February 5, 12:30-2:30 pm (1st Wednesday)

Death Cafe is a gathering to talk about death & dying. The aim is to increase awareness of death to help people make the most of their (finite) lives. It is a global, non-profit movement begun in London in 2011: to date, more than 7,000 Death Cafes have been held in 63 countries. Death Cafe does not promote beliefs, agendas or products, nor is it a bereavement or grief support group. Join us for open, respectful, interesting conversation about topics relevant to all of us but often considered "dark" or even taboo. For more information go to www.deathcafe.com. No registration.



Socrates Café – Foothills Forum

Thursday, February 6, 10:00-11:30 am

This is an opportunity to discuss a wide range of interesting topics with friends. The requirements for participation are an interest in discussing meaningful questions and respect for others regardless of their opinions. We do not seek consensus. We welcome people with a wide diversity of experiences and opinions. Past discussion topics have included: When do the law and justice differ? How does greed influence our social and economic systems? What can be done to fix public education? How can US immigration policy be fixed? How can we fix our healthcare system? Is Cave Creek a racist community? Should we have a flat income tax? What should we do to improve relations with North Korea? **Topic this month:** Who is raising our children? No registration.

GAMES ON!

Unsupervised Bridge Club

Fridays, 1:00-4:00 pm

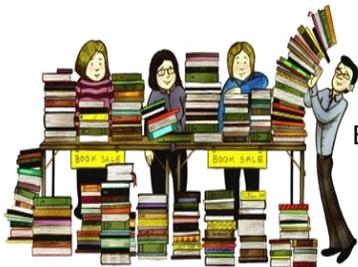
Come join this Unsupervised Bridge Club! Bridge lovers gather once a week to practice and have fun playing a great game. All skill levels are welcome. No registration. **Cost:** \$2 per person.



Supervised Bridge Play

Fridays, February 7 - March 13, 10:00 am-Noon

This class is designed to introduce new players to the world of bridge and to improve the skills of those who have been playing for a short time and want to improve their game. The emphasis will be on describing opening bids, responses, some of the more popular conventions, and a very short description of the 2-over-1 bidding system. **Tickets** available at dfla.org. Questions call 480-488-2286. **Cost:** \$65 for 6 sessions and all materials included by instructor.



Chapter2Books Special Sale!

February 14, 15, & 16

Biggest used bookstore in the North Valley! More than 15,000 books, as well as DVDs, CDs, and audio books, starting at just 50 cents! Located inside Desert Foothills Library at 38443 N. Schoolhouse Rd., open 7 days a week, or check us out on Amazon.

Donations are welcome, and help support the library!

www.Chapter2BooksAZ.com. 480-488-2777.



**ASK AT
THE FRONT
DESK!!**

SHOP AMAZON
Click this icon on the
Desert Foothills Library web site
to shop Amazon and support your
Library!



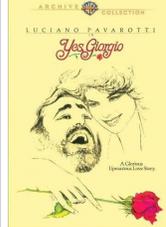
ADULT PROGRAMS

THE SILVER SCREEN MOVIE SCENE

Monday at the Movies

Every Monday, 2:30 pm

New releases with a foreign film once each month. Check our website dfla.org for titles. No registration.



Music @ the Movies

Thursday, February 6, 2:00-5:00 pm (1st Thursday)

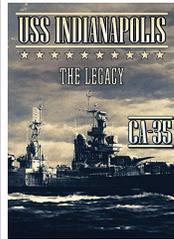
Join us for a celebration of movies with interesting or significant music. Movies range from dramas, musicals, comedies and more. Hosted by music enthusiast, Annis Scott. **This Month: Yes, Giorgio.** Italian opera star (Luciano Pavarotti), on a US tour, loses his voice. His throat doctor turns out to be a gorgeous woman (Kathryn Harrold). Much to the chagrin of Giorgio's protective manager (Eddie Albert), the two begin a romance. Can they bridge the cultural gap? 110 min. No registration.

The following two movie series feature a post-film discussion, facilitated by Gary Zaro, Humanities Professor from Paradise Valley Community College (PVCC).

Around the World in 9 Films

Friday, February 14, 3:00 pm (2nd Friday)

Movies are a great way to learn about different cultures - how people live, love, laugh, & cope with hardships and tragedy. This series will explore films from nine different countries, each one telling the story of individuals caught up in conflicts unique to their cultures & countries and yet, at the same time, linking a thread of humanity that stretches across the globe. This Month: *Nise: In the Mood for Love*, PG 2000, Hong Kong. 98 min. **RSVP** online or 480-488-2286.



Cinematic Reflections: Little Known Stories of WWII

Friday, February 21, 3:00 pm (3rd Friday)

World War II is one of the best known and widely depicted conflicts in history. This film series will explore little known stories from that war — stories filled with daring, intrigue, and sometimes such improbability that they have to be seen to be believed. At the heart of each one are the men and women who made World War II modern history's seminal event. This Month: *USS Indianapolis: The Legacy*. 115 min. **RSVP** online or call 480-488-2286.

TECHNOLOGY & DIGITAL CONTENT

E-Media & Library Digital Content Help

Every Tuesday, 10:00-11:00 am

Downloading eBooks & eAudiobooks can be easy through the library's digital collection! Each week there will be an informal drop-in class for anyone with questions about Overdrive, CloudLibrary, RB Digital or any of the apps the library offers. We will show you how to download the apps to your phone or tablet and how to navigate the digital collection. No question is too small! Please bring your device and have your library card ready! For Apple users your Apple ID will be needed. No registration.



Teen Tech Help

Saturday, February 15, 10:00 am-1:00 pm

Get help with many of your technology needs; e-mail accounts, apps, and downloading e-books, setting up devices, Windows 10, websites & more! Bring your device or use a library computer to get your questions answered. Contact Imogen for more information: imogenbrooks01@gmail.com. No appointments needed; 1st-come, 1st-served. Stop by the circulation desk to check-in for Teen Tech Help.

Introduction to Technology

Sunday, February 9, 1:00-3:00 pm

A group of Desert Mountain High School seniors will hold introductory courses about iPhones, download apps and more. They will be able to answer any questions you have about your tech, so come on in! Imogen Brooks (already a Teen Tech Helper at our Library), Sarah Glomski and Jessica Keane want to do more to help everyone who comes to the Library with iPhone tech needs. Great young ladies! No registration.



JOYFUL SOUNDS

Drum Circle facilitated by AARP

Tuesday, February 18, 4:45-5:45 pm (3rd Tuesday)



Join us for a fun and interactive drum circle led by trained HealthRhythms facilitator, Frank Thompson. Drum circles are a form of recreational music-making proven to reduce stress, boost the immune system, promote joy and a sense of well-being and to build community. All drums and percussion instruments provided. No musical experience required! If you have a heartbeat, you can drum. Open to all adults, all ages. No registration.

Foothills Music Club

Friday, February 28, 4:00-5:30 pm (4th Friday)

Inspired by Cave Creek's rich musical community experience, Music Club was created for music enthusiasts to give an open sign up to play music and storytelling.

Cave Creek's most musical library offers a peaceful and beautiful place for self-expression and positive interaction to develop your strong musical spirits. Julie Harding will be presenting a journey of nature-based music also the music of Frank Lloyd Wright's Father William C. Wright—stories of a very musical household where music is a fundamental notion and recognized as an important part of life. No registration.



ARTFUL CIRCLES



Craft N Chat

Mondays, 1:00-3:00 pm

Do you knit, crochet, or practice another table craft? Join other local enthusiasts weekly for companionable creating and conversation. Any portable craft is welcomed! New crafters and all skill levels are always welcome! No registration.

The Magic Yarn Project

Fridays, 9:00 am-1:00 pm

The Magic Yarn Project is a 501(c)3 non-profit whose mission is to bring magic into the lives of children battling cancer. Very often, chemotherapy treatments leave little scalps too sensitive for traditional wigs. No experience with yarn is required. This is an open group for anyone looking to join. Some extra cost may be involved for yarn and supplies. Questions: Contact Mary Evans at maryevansyoga@gmail.com. **Cost:** \$2.

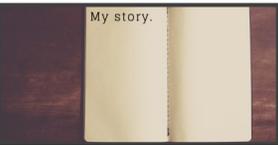


Art Critiques

Monday, February 24, 4:00-5:30 pm (4th Monday)

Art critiques are a wonderful way to get feedback on the art you are doing. This will be a group participation with Nicolette being the coordinator. Bring 1-2 pieces of work and come join us and learn from each other. Nicolette Maguire Bonnstetter taught art history, art methods & worked with preservice teachers at the University of Nebraska- Lincoln. She is a studio artist working in acrylics and mixed media. No registration.

AUTHOR, AUTHOR!



Writer's Connection - Write the Memoir You're Afraid to Write

Friday, February 7, 1:00-3:00 pm (1st Friday)

Author Patricia Brooks will help you capture the essence of your untold story. She will share with you how to produce a memoir to your own satisfaction, face your fears and conquer the story's emotional beats. With techniques from writing her own daring memoirs, and those she has helped others write,

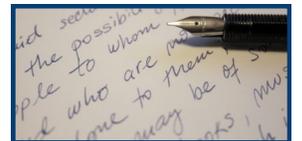
Patricia will inspire you to learn the necessary steps to bring your work to fruition. She will discuss why you should keep a writing journal, do the necessary research and never apologize about your writing. Patricia will stimulate your creative talents to help you find your voice. She encourages attendees to give themselves permission to write their truths.

RSVP online or call 480-488-2286.

Memoir Writers' Group

Monday, February 10, 10:00-11:30 am (2nd Monday)

Are you writing a memoir, personal essays, or creative non-fiction? Join our group to share stories and receive constructive feedback. All levels welcome. Organized by Elena Pavlova. No registration.



ADULT PROGRAMS

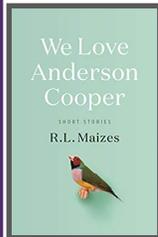
FOR THE LOVE OF BOOKS

Literate Foodie Club

Monday, February 3, 12:30-2:30 pm (1st Monday)

Love food, books, cooking & conversation? We will explore all these and more. **Topic:** *Zahav—A World of Israeli Cooking* by Chef Michael Solomonov and his partner, Restaurateur Steven Cook. Facilitated by Dana Rakinic and Jan Kruse. **Questions:** danarakinic@gmail.com or jan-kruse@cox.net.

Tickets online or call 480-488-2286. Program limited, register now! **Cost:** \$10.



Get Lit Book Club

Tuesday, February 11, 5:00-6:30 pm (2nd Tuesday)

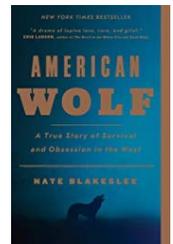
Your Librarians Caitlin, Sara, and Ashley invite you to a new style of book club; Get Lit Book Club. This fun and informal gathering will be found at a different, local restaurant or watering-hole each month to support our local community. Books may be of all genres. Everyone is welcome! **This month:** *We Love Anderson Cooper* by R.L. Maizes, meeting at Stumblina Cantina in Cave Creek. **Registration required** at dfla.org or call 480-488-2286, so that we may give accurate numbers to the restaurant for setup. **Cost:** FREE to join and we encourage you to eat, drink, and be merry to support a local business.

Library Book Club

Thursday, February 13, 10:00 am-Noon

Tuesday, February 25, 10:00 am-Noon

Book Club is now offered twice every month! Same book, same facilitator, different days. Choose which day is best for you to join. **This month:** *American Wolf* by Nate Blakeslee. Everyone is welcome! No registration.



Literary Salon

Thursday, February 20, 10:00 am-Noon (3rd Thursday)

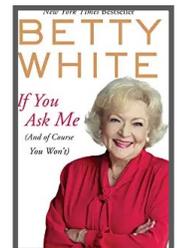
An informal discussion of books, film & theater led by a facilitator. No requirements to read or see any particular film, play or book. Everyone is invited to share ideas and reflections on the selected theme.

This Month: For the Love of Food—Given that Valentine's Day is celebrated this month, what better topic to discuss than food and cuisine in books & films. Reflect on works you have seen or read. Is food involved? How often do authors & directors weave in a meal or reference to food? How important is food to the development of story or character? Why? Or, the lack of food? Join this fun discussion. Books: *How to Cook a Wolf* by Fisher; *Heartburn* by Ephron; *Climbing the Mango Trees* by Jaffrey; *Blood, Bones & Butter* by Hamilton. Films: *Julie and Julia*; *The Lunchbox*; *Like Water for Chocolate*; *Babette's Feast*; *Soylent Green* to name just a few. No registration.

Everyone Has a Story Book Club at the Holland Center

Friday, February 21, 10:30-11:30 am

The Holland Center has partnered with Desert Foothills Library for a fascinating new book club! Each month we will be reading a biography, memoir, or autobiography and come together to talk about the person's life. **This month:** *If You Ask Me* by Betty White. Other great options include *Golden Girls*, *Mary Tyler Moore Show*, *Here We Go Again: My Life In Television* by Betty White, or *Betty and Friends: My Life at the Zoo* by Betty White.



PARA CONTINUAR EL ESPAÑOL

Intermediate Conversational Spanish

Every Wednesday, 10:30 am-Noon

Informal chat session using various books, flashcards, etc. No instructor. No registration.

*The following two classes will be taught by Marlon L. Garcia, who graduated with a law degree from the National Autonomous University of Mexico (UNAM) and became a Professor of Law I and II, litigator in civil, criminal and administrative areas in Mexico City for more than 10 years.

With an easy and fun way we will learn the essence of the Spanish language, writing (grammar), reading & pronunciation in order to have a conversation with your service provider, on your next vacation to Latin America or to read & understand from a basic magazine or book. We hope you join!

RSVP online or call: 480-488-2286. **Cost:** \$40 for each 5-week course. Questions: contact Marlon at marlon20lopez@hotmail.com.

*Jugando Aprendo Español (Playing, Learn Spanish) Beginner

Tuesdays, February - March 3, 3-3:45 pm

*Jugando Aprendo Español (Playing, Learn Spanish) Intermediate

Tuesdays, February 4 - March 3, 4-4:45 pm

MONTHLY SUPPORT GROUPS

No registration.

Caring for the Caregiver with Hospice of the West facilitators

Monday, February 3, 10:00-11:30 am (1st Monday)

Taking care of yourself is essential in being able to take care of your loved one. Join us for this opportunity to fellowship with other caregivers.

“The Healing Pathway” After Loss of a Spouse or Partner with Hospice of the West facilitators

Mondays, February 10, 24, 9:30-11:00 am (2nd & 4th Mondays)

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.



Health and Nutrition with Dr. Jacquie
Wednesday, February 19, 1:00-2:30pm (3rd Wednesday)

Open dialogue support group about energy, weight, and social life altered by digestive problems due to leaky gut and other ailments. Facilitated by Dr. Jacqueline Greenfield, twenty years as a Naturopathic physician, integrating conventional with Natural & Traditional Chinese Medicine; coaching and personalizing nutrition, utilizing functional lab analysis and epigenetics; and treating pain syndromes with ultrasound guided advanced regenerative stem cell, growth factors, and PRP injection therapy when necessary. No registration.

ONGOING HEALTH AND FITNESS

Longevity, Healthy Aging & Regeneration

Friday, February 21, 11:00 am-Noon



Discussion will revolve around a variety of studies, ranging from the 1800's to the present, on the habits of those who have lived into extreme old age. What do these studies have in common, what patterns emerge, how do we change our patterns and what will be the outcome for the average person? Karen Cimaglia's lifestyle change began several years ago & constantly evolved. As she became aware of aging changes in her body, she began to research options for corrective measures. She made amazing discoveries about herself and others. Karen has corrected many of her ailments as well as assisted others. Research has led her into philosophy and metaphysics, & has provided a great deal of insight into the longevity and health practices of centuries past and present.

RSVP online at dfla.org or call 480-488-2286.

Gentle Yoga

Every Sunday and Wednesday, 11:00 am-Noon

You are only one class away from a good mood! Slow poses begin to strengthen your heart and bones, improve balance and sharpen your mind. *Bring a yoga mat and light blanket.* **Registration:** contact Marina Kachur: yokama14@gmail.com or 480-510-6572. **Cost:** \$8 cash, pay each class.



Yoga Fusion (Intermediate level)

Every Thursday, Noon-1 pm

This intermediate-level course starts with breathing exercises, stretching movements to open hearts and hips and then into Vinyasa or Flow yoga and standing sequences with balance exercises. 5 minutes of Savasana ends the class. **Questions:** Elizabeth Boisson: 480-363-5275 or evboisson@yahoo.com. **Cost:** \$8 cash, pay to instructor at each class.

Tai Chi—Qigong for Everyone!

Every Friday, 9:00-10:00 am

A discipline that can be practiced & benefits gained at any age – you are never too old! Blend Qigong and Tai Chi, with deep breathing, repeated gentle motions and stretches to improve health, balance, agility & flexibility. Wear loose clothing & bare feet. **Questions:** Bina Bou at bina.b75@gmail.com or 480-284-1300. **Cost:** \$40 cash for 5 classes; or \$10 drop-in.



Energy Modalities in Meditation, Relaxation, Healing, Health and Overall Self-Care

Wednesdays, February 12 & 26, 10:30-11:30 am (2nd & 4th Wednesdays)

A discussion explores the energy body & how it functions & the effects this unseen energy force or body and how you use it. We will play with body energy to learn how to control it to consciously use the energy that makes up all that is you. **Questions:** Contact instructor Karen Cimaglia: rockinvibs21@gmail.com or 602-721-7714. **Cost:** \$8 cash, pay to instructor at each class.

Practical uses of Reiki

Desert Foothills

LIBRARY

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